

When the Insulin Runs Out

Reflections on Diabetes Myths, Family Beliefs, and Rural Stigma

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Growing Up with Myths



Growing up in rural Tanzania, my family believed insulin would cure me once the prescribed vials ran out.



These beliefs reflected common myths and led to secrecy, fear and confusion.

Challenges I Faced



- Family hopes conflicted with medical reality
- Community advice reinforced myths and stigma
- I hid injections and symptoms to avoid social judgment
- Even well-meaning relatives spread misinformation

A Dual Perspective



As both a patient and clinician, I learned stigma begins within families and trusted networks.

- Lack of understanding creates fear instead of support.

What We Need

- Early, culturally sensitive education for families
- Open, honest dialogue between providers and patients
- Peer support programs using lived experience
- Community engagement to challenge myths

REFLECTION

Ending diabetes stigma starts *at home and grows through community understanding.*

Addressing diabetes stigma requires empathy, patience, and **family involvement**. Compassion and knowledge are as vital as **insulin itself**.